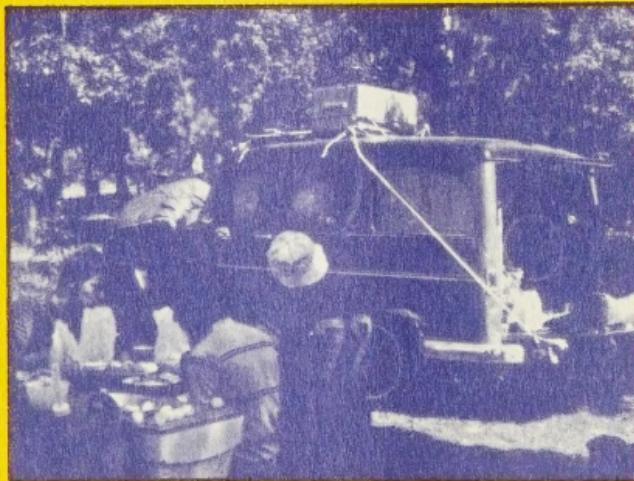


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SO YOU WANT TO GO CAMPING



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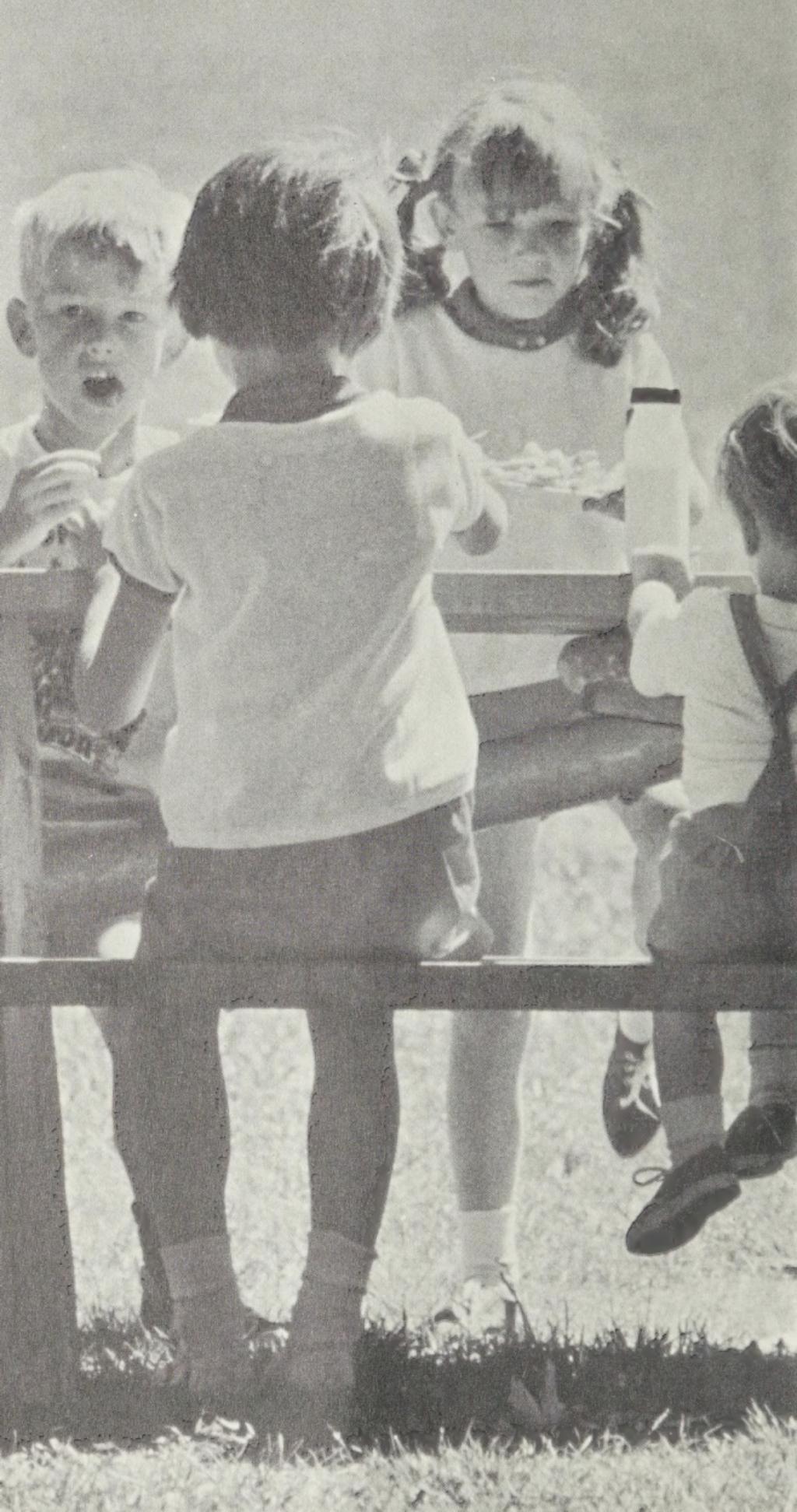


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SO YOU WANT TO GO CAMPING

Camping, originally, was a means to an end. Nowadays, to large numbers who seek the wilderness in summer, camping is a recreation, an end in itself, a different way of living. Camping is essentially a means of maintaining oneself in a natural environment as safely and comfortably as possible, with a minimum of effort and equipment. Failure to appreciate this elementary fact has caused some first-time campers to abandon camping because of its discomfort and inconvenience. To prevent such misfortunes is the purpose of this booklet.

So you want to go camping? Here is your basic training, for motor camping and for canoe-tripping, presented by the experienced men who staff Ontario's Provincial Parks.



MOTOR CAMPING

PLANNING Motor camping usually requires the use of a car-top carrier or small trailer, and many campers tow a house trailer. Whether the outing is long or short, simple or luxurious, proper preparation will make it more enjoyable. Good planning should, of course, include a knowledge of Provincial Parks, where they are, and what they offer. This information is provided in the Ontario Provincial Parks Brochure available at any Provincial Park Office or by writing to the Department of Lands and Forests or the Department of Tourism and Information, Parliament Buildings, Toronto, Ontario. Additional information on many good private campgrounds is described in the booklet "Ontario Campsites", also available from the Department of Tourism and Information.

PROVINCIAL PARKS You can plan your visit to a provincial park better when you understand how they are classified. You can expect different kinds of recreational opportunities in different kinds of parks.

Classification of provincial parks was first adopted in 1967 to assist in managing and planning parks. Classification helps to meet visitors' widely differing needs and to protect special natural areas. Once you know how parks are classified you can select the ones most suitable for you. Consult the Ontario Provincial Parks Brochure.

Five Different Kinds of Parks

Primitive Provincial Parks protect very large areas of natural landscape as recreational heritages. They are intended for wilderness recreation, nature preservation, and scientific study.

Nature Reserve Provincial Parks protect outstanding scenic or natural features for popular educational enjoyment and scientific study now and in the future.

Wild River Provincial Parks protect rivers of special scenic, historical, or recreational value.

Natural Environment Provincial Parks reserve outstanding aesthetic, natural and historical features for recreation and education. These parks include facilities for camping and picnicking, hiking and nature interpretation.

Recreation Provincial Parks serve two purposes. Recreation picnicking parks provide small picnicking areas, and recreation camping parks offer facilities and services for both intensive auto-camping and picnicking. Both kinds of recreation parks usually have beaches for swimming.



CAMPGROUPS Provincial Parks (those that permit camping) provide a separate campsite for every camping group. Every campsite is equipped with a fireplace, picnic table, garbage disposal facilities, and sufficient space to pitch one tent or place a trailer, and park one car. In some parks separate areas are set aside for campers with house trailers. Overflow campgrounds provide minimum facilities on a temporary basis.

Facilities vary from park to park. Campers may refer to the Ontario Provincial Parks Brochure for information on drinking water supplies, electrical service, toilets, bath houses, laundries, food stores, ice supplies, and boat rentals. Bathing beaches and picnicking facilities are also listed.

Several Provincial Parks have an interpretive naturalist programme which includes museums, illustrated lectures, labelled trails and conducted hikes.

EQUIPMENT On the first trip the camper should rent or borrow his equipment. From his own experience and observation of other campers, he will learn about equipment and thus avoid the purchase of unnecessary or inadequate articles.

Tents vary considerably from expensive silk or nylon to less expensive canvas (but a good canvas tent may be expensive). Campers who use their equipment frequently will need a good tent. Those who go camping only once a year can manage with a cheaper one.

A simple "pup" tent accommodates one person. The 7 x 7, single pole, tourist tent is adequate for two people and very popular. A 10 x 12 wall tent provides comfortably for four or six people.

One advantage of a wall tent with a ridge is that it permits the use of a fly, a large canvas which covers the roof of the tent leaving an air space between the tent roof and fly canvas, affording double protection against rain and sun. The tent should be suspended from the ridge pole because leaks may develop if the ridge pole is thrust inside the tent, against the canvas. Also, when the tent is suspended, the fly can be placed over the ridge, providing a continuous air space with no canvas touching.

Tents with stovepipe openings can be obtained for spring and fall camping.

It is important to take along tent poles, ridges and pegs. In heavily used campgrounds, these are impossible to find.

Insect netting is almost essential. Netting of stout material (not with cheesecloth which deteriorates rapidly) should be sewn into the entrance of the tent. A zipper opening is advantageous. Tents can be purchased equipped with netting.



SLEEPING EQUIPMENT Much variety, here. Sleeping bags are convenient. It is wise to use an inner lining of flannelette to avoid frequent dry-cleaning of the bag. In most parks, during the summer, blankets provide sufficient warmth, but remember: the nights can be cool! With both bag and blankets, a moisture-proof barrier between bed and ground is necessary.

Air mattresses are convenient because they require little storage space when not in use. A common mistake is to over-inflate them; they require little air for comfortable sleeping.

Folding camp cots are satisfactory if treated carefully. Sitting on a cot will soon destroy it. As cots tend to be cold because of the air under them, it is recommended that they be used with ground sheets of rubber or heavy plastic (or, in an emergency, newspapers). Experienced campers sleep with as many thicknesses of blanket below them as above.

Never sleep with a moisture proof cover on top of your bedding; soggy discomfort, even suffocation, might result.

CLOTHING Even during the summer, campers must be prepared for cold and wet weather. A good raincoat and a wide-brimmed hat (to keep water from dripping down the neck) are essential. A warm sweater is a must. At least one complete change of clothing is necessary. Two pairs of shoes are advisable. Most campers prefer shoes of light material that dries quickly.

Clothing is a matter of personal choice, but shorts during the day and slacks in the evening are customary. Do not take along too much clothing as extra clothing can become a burden.



COOKING EQUIPMENT Gasoline and gas stoves have done much to simplify camp cooking. They are faster than a wood fire, cause less trouble, do not blacken utensiles as quickly, and they lessen the risk of forest fire. As they usually have only two burners, campers are advised to use double boilers and three-cornered pots which fit together over one burner. An adequate supply of fuel in safety containers is essential. Only the proper fuel should be used in stoves and lamps.

Good cooking equipment includes nesting units of pots, frying pans, plates, bowls, cups, cutlery, can-opener, a good butcher knife and sharpening stone, all able to be stored and carried easily without projecting handles. "Tin" articles should be avoided as they rust quickly and are unpleasantly hot to handle. Enamelware is good but chips easily. Heavy plasticware is well suited to campers. Cutlery is best kept in a roll-up cloth fitted with small compartments; this prevents rattling and simplifies a check for missing items. Two water pails are useful for carrying and storing water; they should have covers to keep out dust and dirt. Some sort of dishpan is necessary.

The first rule of cooking over an open fire is to realize that a large fire is unnecessary. Black smoke provides little heat. Build up the fire to produce a good bed of hot coals, and then place cooking utensils on the grill of the fireplace. As cooking progresses, add wood in small quantities so that flames do not completely engulf the utensils. Some campers rub the exterior of the utensils with soap before using them. This provides a protective film for the metal and eases the labour of removing black soot.

FOOD & STORAGE Fresh meats are usually purchased on the day of use to avoid the necessity of refrigeration. Bacon keeps best when removed from its package and wrapped in cheesecloth which keeps out flies and lets in air. Powdered milks are popular with campers. Canned goods are handy when there is a car to solve the weight problem. In most camping areas, provision stores are not far distant.

Cardboard cartons are a nuisance. They do not withstand moisture and they soon disintegrate. Wooden and metal boxes are useful.

Some refrigeration is possible with ice coolers, of which many brands are on the market. Dehydrated foods, though, require no refrigeration, and are tasty.



If the tent is sufficiently large, much of the equipment and supplies can be stored inside it; but many campers use the car trunk for storage. The picnic table is generally used for both food preparation and meals. Some campers erect a piece of canvas on poles and ropes to shelter the table from sun and rain. If wooden or metal boxes, fitted with lids, are used for food storage, these can be set near the table. These boxes should be waterproof and strong enough to resist the attacks of mice, squirrels, chipmunks and raccoons.

BEWARE BEARS Bears can occasionally become nuisances. They are too often given encouragement by campers. Campers who feed bears are foolish, because these animals very quickly learn to recognize a ready-made food supply and they become dangerous guests. Bears should be treated with a great deal of respect.

FIRE ARMS Rifles, air guns, and archery equipment are prohibited in Provincial Parks unless covered by a special park hunting permit, available only during game season at specific parks. Declare all weapons at the park entrance. Consult the provincial hunting regulations.

IN CAMP Although most campers are on holiday from routine, even the most relaxed camper should arrange to keep on hand a supply of water for drinking, cooking and washing. Keep the pails full. This is both a convenience and a factor in fire control.

The first need, especially for youngsters, is a swim. It is advisable for the entire family to visit the swimming area together to decide upon limitations for reasons of safety. It is easier for all concerned if a schedule of swimming periods is arranged for before meals and at times convenient to all.

A supply of dry wood is a necessity. All parks provide fuelwood and the park staff can advise where wood is available.

Remember, it is unlawful to fell or otherwise damage any living tree or shrub in a Provincial Park, or to remove bark from birch trees. Wood-gathering expeditions should be restricted to areas approved by park staff. Finally: keep the fire in the fireplace provided for the purpose.

The efficient camper fills stoves and lanterns with fuel every day to avoid inconvenience during cooking or after dark. Fuel should be stored in metal cans which are kept in the shade, away from the tent.

Every morning, if weather permits, blankets and sleeping bags should be opened and aired. This is necessary to avoid chilling dampness at night. During the day, the sides of the tent can be raised to permit airing—and to provide a very pleasant place for an afternoon nap. If the tent has a sewn-in floor, open the window and flaps.







EQUIPMENT Equipment is governed mainly by weight and volume. Extras are easily added but not so easily carried on portages.

TENTS Tents of silk, nylon or other light fabrics make light, small packs. The size may vary considerably but should be adequate for the party and duffle, but the smaller the better as level campsites are usually small.

SLEEPING EQUIPMENT A light sleeping bag is recommended, but wool blankets can be rolled in a ground sheet to provide adequate warmth. Air mattresses, which can be rolled with bag or blankets, are more comfortable than the ground. The practice of making beds of evergreen boughs is discouraged as it mutilates trees and leaves the dead branches as a fire hazard.

CANOE While many makes and kinds are available, the most popular are light aluminum or canvas-covered canoes in 15', 16' or 17' lengths. A canoe may be fitted with a yoke at the centre of balance to facilitate portaging; or two paddles may be lashed to the thwarts so that the blades rest on the shoulders. These lashings are left in place between portages. The canoe must be treated with respect. The bottom should not be scraped by running it on shore, by dragging it over a beaver dam, or by stepping into the canoe before it is fully afloat. The bow should not be driven against rocks or the shore. Canoe equipment should include a patching kit.

In camp, the canoe should be carried ashore and inverted. Besides keeping the insides dry, this prevents the damage caused by constant bumping when it is tied afloat; and there is no danger of it breaking loose and drifting away.

CLOTHING Clothing should include a complete change. The tripper should be prepared for cold, and wet weather with a heavy shirt, windbreaker, slicker, extra socks, hat and footwear. As heavy boots are hard on a canoe, and a hazard if the canoe capsizes in deep water, most trippers prefer moccasins or canvas deck shoes.

COOKING EQUIPMENT Nesting units are best. They can be made up for from two to eight persons to fit into a complete unit, easily packed. The unit usually includes a canvas bag to keep the soot away from other articles in the pack. Some trippers carry gasoline stoves—but remember: gasoline must be carried, too.

PACKS Packs made of heavy, waterproof canvas, are usually equipped with adjustable leather straps and a tump line which passes across the forehead and bears the weight of the pack. Until one becomes used to it, the tump line is hard on the neck muscles, but it is safer if the carrier stumbles and wishes to drop the pack quickly. Packboards, curved to fit the back, are protection against improperly packed, projecting articles which dig into the back.



Emergency Areas If lives could be endangered from encroaching forest fires, any community or group of persons can be evacuated from an emergency area designated by the Lands and Forests Minister.

CAMPFIRES Campfires for cooking or warmth are permitted in a fire district unless prohibited under a Restricted Fire Zone.

They must be built on bare rock or mineral soil free from flammable material, with an area of at least three feet in width immediately outside the edge of the fire cleared of flammable material to bare rock or mineral soil.

NO SMOKING Sorry, but Regulations won't allow you to smoke while walking or working in the forest during the fire season. This common sense rule has been followed by experienced woodsmen for years.

WATER Lake water is usually safe to drink. If in doubt, or to be on the safe side, boil it or treat it with purifying tablets. As lake water may be flat to the taste, some trippers mix it with various powders of several flavours to make it more palatable and satisfying.

WHITE WATER It is foolish to attempt the "shooting" of rapids unless the canoeist knows the rapids and is a fully experienced "white-water" man. Rapids and waterfalls are bypassed by portages which are marked on many maps. However fatiguing, portaging is safer than risking one's canoe, supplies and life.

EQUIPMENT Equipment should include from 25 to 30 feet of sash cord or heavy clothesline, waterproof match box, heavy pocket knife, flashlight with spare bulbs and batteries, toilet articles, first aid kit, axe, small spade or folding digging tool, fishing equipment, compass, map, and a camera with film and accessories. Plastic bags are useful as waterproof coverings for many articles. Hatchets and long sheath knives are dangerous and should be avoided.

The map receives a good deal of wear. One protection is to apply a clear plastic spray to the entire map.

One or two leather tump lines come in handy at portages, and can be used for carrying the canoe over long portages.



I LOVE YOU



FOOD A menu, listing every meal and what it is to consist of, will determine the total amount of food to be carried. Fishing will supplement food supplies, but one cannot depend entirely on fish.

Many dried foods are on the market, and these are most useful. Canned goods should be avoided because of their weight and bulk. Fresh meats can be taken and used during the first meals. Bulk foods, such as sugar, salt, coffee, tea, flour and rolled oats, should be carried in stout cotton bags which diminish in size as the supplies are used. Cardboard packages are easily smashed and soon deteriorate.

The following is a suggested list for two persons for one week. The total weight is approximately 40 pounds. This weight can be reduced by one-half if freeze-dried foods are used.

Coffee	1 lb.
Tea	½ lb.
Milk	1 lb. powdered
Sugar	3 lbs.
Salt	¼ lb.
Pepper	2 oz.
Butter	2 lbs.
Shortening	1 lb.
Eggs	18 or powdered
Bacon	2 lbs.
Cured Meats	2 lbs.
Dried Beef	½ lb.
Beans	1 lb. precooked
Potatoes	4 lbs. or 1 lb. dried
Onions	1 pkg. dried
Bread	3 loaves
Rye-Krisp	1 pkg.
Bisquick	1 pkg.
Pancake Flour	1 lb.
Flour	1 lb.
Cornbread Mix	2 pkgs.
Minute Rice	1 lb.
Soup	4 pkgs. dried
Rolled Oats	1 lb.
Pudding	3 pkgs.
Cheese	2 lbs.
Dried Fruit	2 lbs.
Raisins	1 lb.
Syrup	1 pint
Jam	1 pint
Cookies	2 lbs.



INTERIOR PERMIT In Provincial Parks like Algonquin and Quetico, canoe-trippers are required to have an Interior Camping Permit, a form on which the canoe route is designated. When the permit is issued, the approximate time of return is noted, as a precaution, so that the number and approximate location of trippers can be determined at any time. In an emergency, this assists park staffs to find trippers more quickly. Ask about the Interior permit at the park entry-point. Fees are described in the Ontario Provincial Parks Brochure.

EMERGENCIES In an emergency, canoe-trippers can signal Department of Lands and Forests aircraft which patrol regularly during the summer season. The standard distress signal consists of three signals of any kind, either audible or visual—three whistles, three flashes from a light, three smudge fires which are well spaced. The recognition of a distress signal is two signals, either audible or visual. A standard ground signal of distress is an SOS in letters at least 10 feet long made in beach sand.

The main thing is not to panic and plunge blindly into the bush, but to "stay put" out in the open, on a beach, where you can be spotted easily from the air.



FURTHER INFORMATION No small booklet can discuss all the points of canoe-tripping, nor compete in detail with the many books on the subject. While this booklet describes camping and canoeing in Ontario Provincial Parks, many thousands of miles of other canoe routes are managed outside of parks by the Department of Lands and Forests.

The avid canoeist may enjoy reading Northern Ontario Canoe Routes for further information, or consult the Ontario Provincial Parks brochure for details on Wild River Provincial Parks. Ontario Provincial Park staff are happy to answer your questions on canoeing and camping.

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